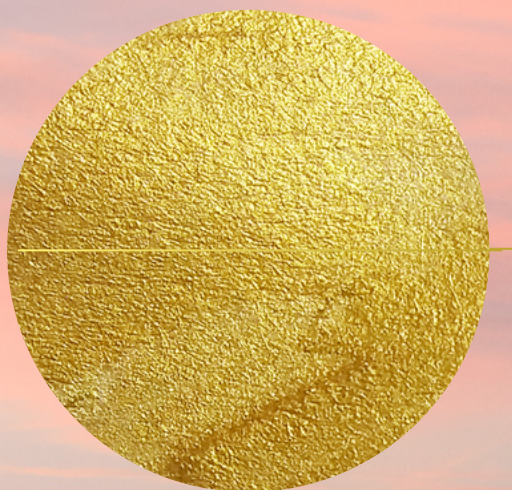


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www.alisonvfortes.com & the6ammovement present

# *Calm Nature Dance Movement*

## FINDING CENTER



## WAYS TO FIND YOUR BALANCE

Creating your sacred space working Qoya inspired movement.



WELCOME



INTRODUCING

*Hi I'm Alison Fortes*

Welcome to edition number 1 where I'll be sharing about Qoya inspired movement, as a way to find your center, the balance point in your life.

The work I offer is based on my personal experience and toolkit, I create sacred and safe spaces for female bodies to come and be found as you are, working with movement, dance, ritual and flower essences as a way to change the vibration.



# QOYA

Qoya is a movement system that allows the feminine to come home, to find joy, freedom, have fun and be in community and sisterhood.

Qoya is a way to dance yourself home, to release and to enjoy the body just as she is, finding your balance and center through dance.



# The Qoya Journey

Exploring each Qoya Pillar, create a playlist and dance often.

## 1. SACRED SPACE

The first pillar in Qoya is the creation of a sacred beautiful and safe space, in alignment with the theme of the class.

## 2. THEME & ORACLE

There is a theme for every Qoya class for example 'Dance to find your Center' sharing in circle, selecting an oracle card, weaving the safe space together.

## 3. BREATHE & INTENTION

We start moving slowly breathing and calling in an intention, 'today I'm dancing for'.

## 4. CIRCLING

Circling dance into your body, slow movements, softening, surrendering.

## 5. HEARTS OPEN

Rhythm, heartbeat, tapping into dancing with heart, with feeling, with fun. Listening to the music and following the heart.

## 6. HIPS LEAD THE WAY

Feminine and sensual movement, slowing down allowing the hips to lead the way, tracing the music with your hips, allowing and opening.

## 7. YOGA AS PRAYER

Dancing with yoga as a prayer, the body is the prayer, yoga as a prayer for your intention.

## 8. CONTRAST

Taking the opportunity to dance and move with the uncomfortable.



## 9. SHAKING

Shake it out as way to move your energy to release, to let go.

## 10. CHOREOGRAPHY

Having fun together learning a pattern, easy to follow steps.

## 11. FREE DANCE

Arriving at the place of fun inside your body, the pinnacle.

## 12. SHARING

A beautiful time for sharing and reflection.

## 13. STRETCH & RELAX

At the end of a class you stretch and take up space in your newly danced body, we end in stillness and relaxation. Touching the divine.



## EXAMPLE PLAYLIST

# *Qoya Inspired Movement Desire*

1. Flicker - The Piano Guys
2. Never Forget - Kupla
3. Walk on the Wild Side - Jordan Mackampa
4. Desire (feat. She Keeps Bees) - Deepend, She Keeps Bees
5. 2 People - Alternative Radio Edit - Sugar & Pie
6. Burning Desire - Lana Del Ray
7. The Sacred - Yaima
8. i can't breathe - Bea Miller
9. Desire - U2
10. Twist And Shout - Chaka Demus & Pliers
11. I Am Here - Pink
12. Rainbow - Louis Baker
13. Made to Light - Sarah Fimm
14. Let the Light Come In - Rouse Cousins
15. Prayer for Peace - Peter Kater



THANKYOU FOR YOUR TIME

Redefining

HER

the 6am movement

DANCE

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